

HAPPY HOURS EVERYDAY

Keep your TCS foods safe and cool! Happy hour depends on it.

COOL FOOD IN TWO STAGES

135°-70°F

In 2 hours or less

70°-41°F

In 4 hours or less

Craven County



Craven County ENVIRONMENTAL HEALTH

FOOD SAFETY ADVISORY COUNCIL

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HOW TO COOL FOODS PROPERLY

WHY IS THIS IMPORTANT? Foods that cool too slowly will stay in the **Temperature Danger Zone** for too long. When this happens bacteria can quickly multiply and make you sick when you eat the food.

METHODS FOR COOLING FOODS



Method	Best For	How it Works
Ice Bath	Soups, Sauces, Gravies	Place container in ice water; stir
Ice Paddles	Liquid, Stews, Beans	Stir with frozen paddle; monitor temp
Blast Chiller	Large batches, commercial	Rapidly cools food with forced cold air
Shallow Pans	Any hot food	Spread food in pans ≤ 4 inches deep to
Divide Portions	Large cuts or batches	Cut meats or separate into smaller

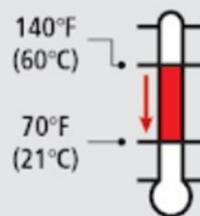


WHAT SHOULD YOU DO?

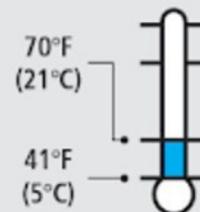
Food should be cooled quickly. The proper cooling method follows a 2 hour/4 hour rule and happens in two steps:

Food is to be cooled from 135°F to 70°F within 2 hours.

Then, food should be cooled from 70°F to 41°F or colder within 4 hours.



2 hours



4 hours



Use a probe thermometer to check food temperatures